
Bohemian Girl
BALFES

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PASTRIES

Croissant au beurre, Pain au chocolat
Cinnamon roll €5 each
(1 wheat, 3, 7)

WELLNESS JUICES

Golden boost €8
carrot, apple, ginger, lemon, turmeric, cayenne

Green glow €8
avocado, apple, mint, lime, cucumber & spinach

TOAST

Guinness, sourdough or gluten free bread
with Irish butter & preserves €5 each
(1 wheat, barley 7, 12)

BODYBYRNE

Balfes creative, health conscious dishes are carefully put together by Siobhán & Paul Byrne of BodyByrne Fitness with over 30 years experience of keeping the country fit & healthy.

BodyByrne* Breakfast €22
Poached or scrambled eggs, avocado, sweet potato, turkey rasher, white & black pudding, roasted cherry tomato & toasted sourdough
(1 wheat, 3, 6, 7) GF+
51g - Carbs | 44g - Protein | 40g - Fat | 650 Calories

Smashed avocado & toasted sourdough €18
poached eggs, cherry vine tomatoes, red onion & olive oil V
(1 wheat, 3) GF+
25g - Carbs | 15g - Protein | 24g - Fat | 371 Calories

Wholemeal seeded bagel & smoked salmon, fried egg, avocado, rocket & ricotta €19
(1 wheat, 3, 4, 7, 12) GF+
54g - Carbs | 30.5g - Protein | 16g - Fat | 480 Calories

Balfes granola bowl GF €11
Greek yoghurt, Amarena cherry, chia seed & honey
(7, 8 variable)
45g - Carbs | 30g - Protein | 30g - Fat | 480 Calories

FREE RANGE EGGS

Two eggs any style €10
toasted sourdough & roasted cherry tomato
(1 wheat, 3) GF+
Add to your choice:
cured bacon €5 / smoked salmon €9 *(4)* / Irish sausage €6 *(1 wheat, 6)*

Eggs benedict €17
toasted English muffin, hollandaise & honey roasted ham
(1 wheat, 3, 7, 12)

Three-egg omelette, sourdough & roasted cherry tomato €18
(1 wheat, 3, 7) GF+
with choice of
cheddar cheese (7) / cured bacon / mushrooms / smoked salmon *(4)*

SIGNATURE

Balfes Vegan breakfast VE €19
warm hummus, sautéed mushroom, spinach, sweet potato, avocado, vegan sausage & roasted cherry tomato
(1 wheat, 6, 10, 11) GF+

Balfes organic oat porridge €11 GF
Honey, banana & hazelnuts V *(7, 8 hazelnut)*
or
Coconut milk & berries VE *(6)*

Buttermilk pancakes €17 *(1 wheat, 3, 7)*
Banana & honeycomb butter V
or
Blueberries, cured bacon & maple syrup

TEA, COFFEE & JUICE

Americano €4.6
Espresso €4.6
Cappuccino €5.2 *(7)*
Latte €5.2 *(7)*
Flat white €5.2 *(7)*
Macchiato €5.2 *(7)*
Iced Americano €4.9
Iced latte €5.2 *(7)*

Hot Chocolate €5.2 *(7)*
Chai Latte €5.2 *(7)*
Irish breakfast tea €4.7
Earl Grey €4.9
Mint Tea €4.9
Green Tea €4.9
Camomile tea €4.9

Orange €5
Apple €5
Grapefruit €5
Pineapple €5
Cranberry €5
Tomato €5
Echo Triple Filtered Water €2 *per person*
Unlimited refills, still or sparkling

V - Vegetarian | VE - Vegan | GF - Gluten-free | GF+ Gluten-free alternative available
We strive to source all of our fish and seafood from sustainable sources.
All our Meat and Poultry is 100% Irish and is traceable from farm to fork. Our teas and coffees are sustainably certified.
List of allergen: 1 Gluten - 2 Crustaceans - 3 Egg - 4 Fish - 5 Peanut - 6 Soy - 7 Dairy & Milk - 8 Nuts - 9 Celery - 10 Mustard - 11 Sesame - 12 Sulphur Dioxide & Sulphites - 13 Lupin - 14 Molluscs